

Accelerated Distal Biceps Repair Protocol

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Phase I: (0-6 weeks): Range of motion

Precautions:

- *Protect surgery*
- *No lifting, pushing, pulling with operative extremity*
- *May initiate gentle active ROM in brace based on settings made at post-op appt.*
- *Brace placed on only select patients with chronic or significant tension repairs. If placed, it will be set with extension block by Dr. Ayzenberg based on intra-operative tension. **Brace should be adjusted by the physical therapist every 7 days to increase extension by 10 degrees until full ROM achieved.***

Goals:

- *Decrease pain and inflammation*
- *Initiate safe ROM while protecting repair*
- *Patient education*
- *Full, pain-free ROM by week 6*

Plan:

- Elbow ROM starting with extension block (IF SET) by Dr. Ayzenberg in the office.
 - If no extension block set, gentle ROM based on patient pain.
 - AROM, gentle AAROM and PROM
- Hand/wrist ROM and edema control
- Scapular retraction/protraction/elevation/depression
- Cardiovascular fitness without arm use
- Modalities PRN
- Pendulum and scapular activities
- May gently strengthen wrist, hand, shoulder girdle
- Scar mobilization starting week 2-3. May remove Prineo Dermabond mesh dressing (if present) by week 3).
- ***If placed, brace should be adjusted by the physical therapist every 7 days to increase extension by 10 degrees until full ROM achieved. Brace can be weaned after full, painless ROM achieved.***

Criteria for progression to phase II:

- *Full, painless ROM of the elbow*
- *NO recurrent pain and/or swelling*

Phase II: (6-12 weeks): Initiate Strengthening

Precautions:

- *Non-weight bearing (no lifting, pushing, pulling) initially and progress gently based on progression of strength during PT*

Goals:

- *Maintenance of proper scapulothoracic mechanics*
- *Continue strengthening of shoulder girdle, wrist, hand*
- *Initiate and gently progress biceps strengthening*

Plan:

- *Initiate gentle biceps strengthening and progress carefully based on patient tolerance and pain*
 - *Progress as tolerated to hammer, traditional, reverse grip and side curls*
- *Continue shoulder girdle, wrist and hand strengthening*
- *Triceps strengthening*
- *Postural control exercises and rotator cuff and periscapular stabilization exercises*
- *Cardiovascular fitness*

Criteria for progression to phase III:

- *Full, painless ROM of the elbow, shoulder, wrist, hand*
- *Proper scapulothoracic mechanics (no dyskinesia)*
- *Full biceps strength against gravity (5/5 manual muscle test)*

Phase III: (12-24 weeks): Return to activities

Goals:

- *Continue to increase strength of upper extremity*
- *Return to preferred sport and/or activity*

Plan:

- *Biceps curls (Hammer, Traditional, Reverse, Side curls)*
- *Triceps extensions*
- *Rotator cuff and periscapular strengthening*
- *Sport-specific exercises*
- *Cardiovascular fitness*

Criteria for progression:

- *Functional/sport testing for discharge to maintenance program*